

SLIPPED UPPER FEMORAL EPIPHYSIS "SUFE"

* Other names: Slipped capital femoral epiphysis, Epiphysiolysis, or adolescent coxa vara.

* Definition :- gradual displacement of femoral head on femoral neck

* Age & sex :- 10-20 years (more in 11-13 yr), more in boys.

- 50% are bilateral (30-50%).
- 50% of patient have endocrinal problem^{hypogonadism}
- patients are short ^{overweight} obese (rarely tall thin pt)

* Aetiology :- unknown, (but some H/O mild trauma with mechanical displacement^{by obesity, high normal load} may occur).

- One of main causes of early osteoarthritis.

* Pathology :- separation of femoral head occurs at the zone of calcification of epiphyseal plate

- the direction of slip is always posterior & often medial which occurs gradual (in 90% of pt) over several months, but acute displacement can occur on top of chronic e.g. by trauma (as * NOF)
- in neglected cases epiphysis unites with neck in abnormal position → coxa vara → osteoarthritis.

* Clinical Picture :-

- Acute type :- picture of fracture neck of femur (* NOF)
- Chronic (90%) :- Pain in hip & limping (Pain radiate to knee)
o/e :- limitation of abduction & internal rotation
- Later supratrochanteric shortening.

* Investigations :-

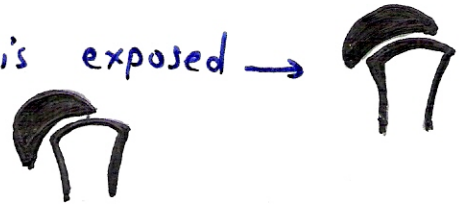
- X-ray :- Antero-posterior (may look normal)
- Lateral → even mild displacement appears.

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* Classification of SUFE:-

- Mild:- $< 25\%$ of femoral neck is exposed $\rightarrow$
- Moderate: 25-50% is exposed $\rightarrow$
- Severe:- $> 50\%$ is exposed.



* Treatment:-

- Mild displacement ($< 1\text{cm}$) fix epiphysis by one or more screws or pins across growth plate, following the pain is improved & during 2-3 yrs remodeling of bone occurs $\rightarrow$ improve ROM. (diet regimen to $\downarrow$ wt)
- Acute SUFE better to not restore displacement (no reduction) as it may $\rightarrow$ avascular necrosis so you accept the position & fix it.
- If pain continues after pinning or remodeling not good osteotomy done (as subtrochanteric osteotomy)

NB:- Operative induction of epiphyseal fusion by pinning it called Epiphysiodesis.

- some surgeon advice to fix other normal hip as 50% are bilateral & usually the other hip slipped after it (usually not at same time).

* Complications:-

- ① - osteoarthritis (one of major causes).
- ② - coxa vara.
- ③ - a vascular necrosis of femoral head.
- ④ - Chondrolysis (poorly understood degeneration of hip articular cartilage) $\rightarrow$ Pain $\rightarrow$ Joint narrowing & degenerative changes within 6 months.

* Prognosis:-

- slipped epiphysis is a major cause of early osteoarthritis.
- The higher the degree of slip, the earlier the degenerative changes begin.